




# FIRST AID FOR AGRICULTURAL SECTOR WORKERS

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## FIRST AID FOR AGRICULTURAL SECTOR WORKERS



### TO WHOM IT IS ADDRESSED

- Workers in the agricultural sector (farmers, ranchers, etc.)
- Warehouse workers (machinery drivers, food handlers)
- Field cooperative
- Temporary
- Farmers' associations (AJAC, Farmers' Union, etc.)



### TARGET

- Raise awareness of the people of the organization in the need to know basic actions in the face of unforeseen and risky situations at home
- Identify serious and mild situations through appropriate assessment
- Acquire the minimum skills necessary to be able to provide initial health support to any unexpected situation in the field of health
- Know the basics of using semi-automatic defibrillators



### CONTENT

#### BLOCK 1: IMMEDIATE RISK SITUATIONS

- What are first aid?
- Basic adult life support and use of AED
- Lateral Safety Position (PLS)
- Obstruction of the airway by foreign bodies
- Bleeding
- Heart attack
- ICTUS



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## BLOCK 2: MOST COMMON SITUATIONS IN PPAA

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- General guidelines for action in the event of an accident
- Burns
- Wounds
- Epistaxis (bleeding from the nose)
- Trauma
- Hypoglycemia (low blood sugar)
- Seizures
- Psychological first aid
- The first aid kit



## METHODOLOGY

The methodological strategies are dynamic and participatory, seeking to arouse the interest and motivation of attendees and respond to the needs, doubts and concerns that may arise. There are practical cases applied to the usual environment of activities of the attendees. Appropriate technical and didactic material is used to achieve the proposed learning and seek the most real contextualization possible.



## DURATION

8 hours to be taught in a single session or in two 4-hour sessions.